



North Staffordshire
Wellbeing College

Prospectus
Summer Term
2025



Photo by our student Karl (K.D.E. photography)



Table of contents

02

Welcome

03

How to enrol & our Student Charter

04

Our people

05

Our partners

07

Our locations

13

Our workshops



Bundle of joy, storm of feelings	15
Caring for carers	20
Connect, adjust, include: living with a learning disability	15
College facilitator training	14
Creating PRIDE	20
Getting back on your feet	13
Getting involved	13
Getting involved: selecting the best	14
Humanistic Helper	15

Learn, cook, eat and stay well	21
Let's talk addiction	17
Living well with autism (as adults)	16
Living well with epilepsy	17
Me and my black dog	17
Mood & movement	21
Seeds of hope	18
Tackling anxiety-anxiety in everyday life	14
The art of sleep	18
The power of language	16
Understanding reasonable adjustments	15
Understanding trauma	16
Understanding trauma: looking to the future	16
Veterans moving forwards	20
Wellbeing showcase: walk, talk & picnic	18
Wellbeing showcase: pawprints on the mind	19
What is co-production?	13
Your care plan, your recovery	19

22

Co-production

23

Definitions

24

Frequently asked questions (FAQs)

Welcome

The **Wellbeing College** offers a range of recovery-focused educational workshops that are free and open to anyone aged 18 and over, who lives in Stoke-on-Trent, Newcastle-under-Lyme and the Staffordshire Moorlands.

All of our workshops are co-produced and co-facilitated by people who have **lived experience** of **physical** and **mental health difficulties**.

We aim to offer learning opportunities for individuals facing mental and physical health challenges, for their families, supportive staff and the public interested in these issues. These opportunities focus on enhancing understanding, confidence, coping strategies and behaviours, enabling participants to manage their lives, conditions and treatments in order to live the lives they wish to live.

The Wellbeing College is divided into three terms:



Term 1: September to December

Term 2: January to March

Term 3: April to July

Our core values



Opportunity: Being positive about the opportunities that life presents you with



Control: Having a sense of control over your life and symptoms



Hope: Having hope that things will get better and being able to look to the future

How to enrol

Eligibility criteria

You need to be aged 18 and over and live within the six towns of Stoke-on-Trent, Newcastle-under-Lyme, or in the Staffordshire Moorlands.

The next step is to enrol as a student of the College by visiting our website or by contacting the team on:



wellbeingcollege@combined.nhs.uk

We will then contact you in order to discuss your application and explore the possibilities of you learning with us.



If you wish to attend a workshop, please enrol as a student first and book on via email **7 days** before the session takes place.



Learning together

We understand that it may be difficult for you when first attending the Wellbeing College and having to be in a new place, meeting new people. To help with this, feel free to bring a carer, relative or friend with you and ask them to also enrol as a student alongside you, if you feel this would be helpful.



Our Student Charter

As a student of the Wellbeing College, you can expect us to:



Communicate with all students in a friendly and professional manner



Make reasonable adjustments as and when needed to support you



Provide a warm, professional, healthy and safe learning environment and work with you to make learning enjoyable and accessible



Respect your personal beliefs, life choices, faith and cultural practices and traditions – making it an environment free from stigma and discrimination

Our People

Meet the team



Klaudia Lepska
College Coordinator



Chiara Barbaro
Student Support/Lived
Experience Trainer



Sherrine Khan
Senior Peer
Support Worker



Michele Nicholson
Peer Support Worker/Lived
Experience Trainer



Lucy Fernandez-Parr
Peer Support Worker/
Lived Experience Trainer



Jayne Simner
Recovery and
Experience Lead

We are also supported by 37 workshop facilitators on voluntary/time-release basis. The team is also assisted by the Wellbeing College Student Council and the Wellbeing College Steering Group.

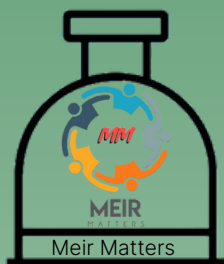


Our Partners



To find out how to become a partner of the Wellbeing College, email Wellbeingcollege@combined.nhs.uk





Meir Matters



Middleport Matters



Mothers Mind



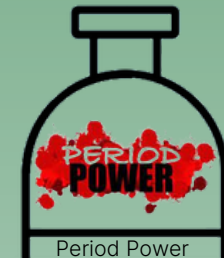
New Vic Theatre



North Staffs Mind



Port Vale FC Foundation



Period Power



PEGIS



Pride in Castle



Reaching North Staffordshire



Rethink Mental Illness



Royal Literary Fund



Staffordshire Fire and Rescue



Staffs Together for Carers



Stoke City FC



UNISON



USAH



Vellichor Books



Walk Talk Action



YMCA

Our locations

We always try our best to use venues that are accessible for those with additional needs, are close to public transport links, and have parking available.

For detailed accessibility information, please visit [accessable.co.uk](https://www.accessable.co.uk). If you do require access to a venue, please contact us so we can double check the options for you.

If you have any questions about the workshop location, feel free to get in touch – on the day, you can call the numbers provided and we'll be happy to guide you. Our contact telephone numbers are: 07790 985794 and 07971 996653.

It's also helpful to bring a copy of our prospectus along, as it includes a picture of the venue so you'll know what to look out for!

Brampton Museum

Brampton Park,
Newcastle-under-Lyme
ST5 0QP



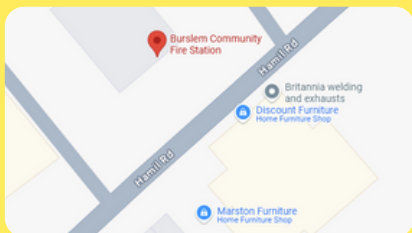
The Bridge Centre

Birches Head Road,
Stoke-on-Trent ST2 8DD



Burslem Community Fire Station

7 Hamil Rd, Burslem,
Stoke-on-Trent ST6 1AJ



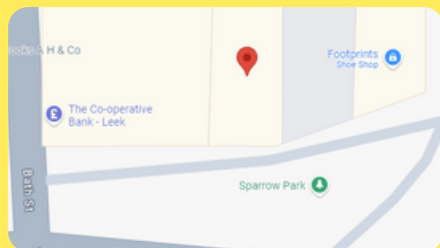
Changes (Stoke)

Booth Street,
Stoke-on-Trent ST4 4AL



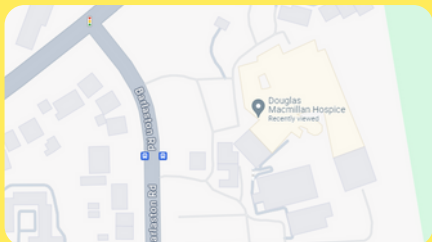
Changes (Leek)

67 Derby St, Leek
ST13 6JL



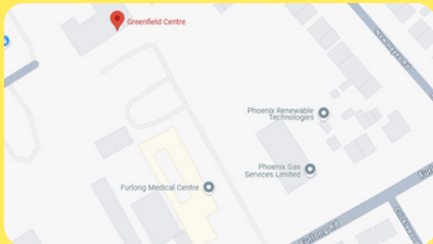
Dougie Mac Wellbeing Centre

Barlaston Road, Blurton ST3
3NZ (at the back of the
main buildings, use entrance
B)



Greenfield Centre

Furlong Road, Tunstall,
Stoke-on-Trent ST6 5UD



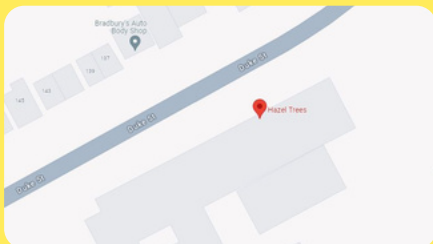
Hanley Park,

The Parkway, Hanley,
Stoke-on-Trent ST1 4DX



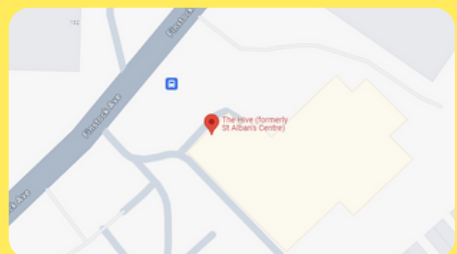
Hazel Trees

Duke Street, Fenton,
Stoke-on-Trent ST4 3NR



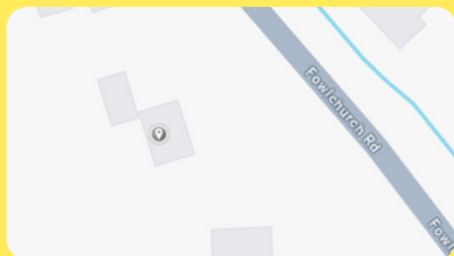
The Hive

Finstock Avenue,
Burton, Stoke-on-Trent
ST3 3JU



John Hall Wellness Garden

Fowlchurch Road, Leek
ST13 6BH



Keele Hub, Harplands Hospital (main entrance)

Hilton Road, Stoke-on-Trent
ST4 6RR



King Street Studios

14a King Street,
Newcastle-under-Lyme
ST5 1EJ (by the
Congregational Church)



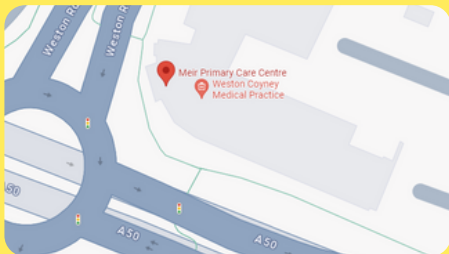
Longton Community Fire Station

266 Uttoxeter Road, Longton,
Stoke-on-Trent ST3 4QE



Meir Primary Care Centre

Weston Road, Meir,
Stoke-on-Trent ST3 6AB



New Vic Theatre

Etruria Rd, Newcastle-
under-Lyme ST5 0JG



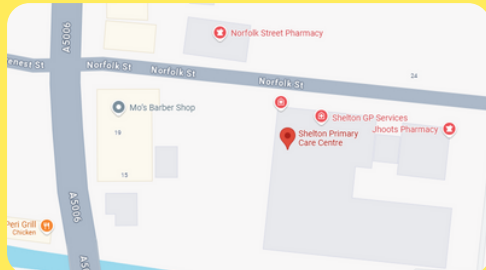
RVS Hanley Centre,

29 Charles St, Hanley,
Stoke-on-Trent ST1 3JP



Shelton Primary Care Centre

Norfolk Street, Hanley,
Stoke-on-Trent ST1 4PB



St Francis Church

Sandon Road, Meir
Heath, Stoke-on-Trent
ST3 7LH (on the end of
side street just off
Sandon Rd)



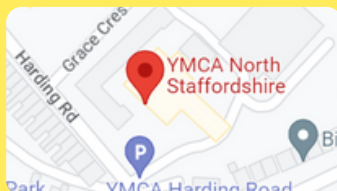
UNISON Stoke

Bevan House, Epworth
Street, Stoke-on-Trent
ST4 1NU
(behind Tattoo Albie)



YMCA

Harding Road,
Hanley,
Stoke-on-Trent
ST1 3AE



Our workshops



Core workshops

What is co-production?

Tuesday 29 April, 10am to 12pm online via MS Teams

This workshop will explore what is meant by the word co-production and how co-production relates to the Wellbeing College. It will consider the importance of co-production and its wider impact. This is a topic for anyone that may be interested in utilising their lived experience or professional skillset to help others, both at work and in day-to-day life.

Getting back on your feet – the CHIME way

Thursday 22 May, 12:30pm to 2:30pm at Meir Primary Care Centre

Our workshop will explore what is meant by the word recovery, how we feel about it and whether it relates to our individual lives and if it doesn't, exploring the other available options. Join us while we consider the importance of **C**onnectedness, **H**ope, **I**dentify, **M**eaning and **E**mpowerment and how this has the potential to impact on our wellbeing and recovery as we understand it.

Getting involved

Friday 20 June, 9:30am to 11:30pm at Keele Hub, Harplands

Are you interested in getting involved in volunteering in mental health NHS services locally? If so, join us in this workshop to find out what you can do and how to register. Learn more about the Wellbeing College, our values and how you can use the power of your lived experience to volunteer with us. If you have first-hand insight of mental distress or accessing our services, we particularly welcome you to attend and explore our co-production and peer plans.

Getting involved: selecting the best

Friday 27 June, 9:30am to 11:30pm at Keele Hub, Harplands

We invite individuals with lived experience and their carers to support our recruitment panels in interviewing and selecting new team members for Combined Healthcare. If you think this is something you would like to be involved in, this workshop will give you all the information you need to prepare and participate in the interview processes. Your unique value set will help to ensure we select the best candidates to provide the best quality care that we can.

College Facilitator training

Thursday 17 July, 10am to 3pm at Longton Fire Station

A workshop for anyone interested in becoming a co-facilitator at the Wellbeing College. This session will provide you with the knowledge and skills needed to consider developing and delivering a workshop within the Wellbeing College.

Other workshops – Education



Tackling anxiety – anxiety in everyday life

Monday 12 May, 11am to 1pm at New Vic Theatre

Our workshop provides a snapshot into anxiety and its effect on our wellbeing. Noticing how anxiety can affect us is the first step to tackling our anxiety. Moreover, accepting how anxiety can be present not only emotionally but physically in us and in others, and recognising that learning to notice this helps to tackle the triggers and symptoms.

Have you visited our website yet? It's packed with info about our workshops, partners and venues, plus details about our team and some self-help resources. We keep it updated regularly to make sure the content stays fresh and interesting.

Visit: wellbeingcollege.combined.nhs.uk

or use your phone camera to scan the QR code on the right.

SCAN ME



Bundle of joy, storm of feelings

Exploring maternal mental health

Wednesday 21 May, 10:30 to 12:30pm at Changes (Stoke)

 **NEW!**

This workshop provides a comprehensive introduction to maternal mental illness, such as prenatal/ postnatal depression and maternal anxiety; understanding what it is, the effects between mother and infant, why it is important and what we can all do to support parents who are struggling with their mental health during the prenatal or postnatal stages.

Humanistic Helper

Tuesday 3 June, 10:30am to 1pm at UNISON

This workshop helps you explore how humanistic counselling techniques can be used in everyday life to improve communication and offer support to those around you. You'll learn practical skills for fostering positive connections and supporting others in a meaningful way. Rooted in humanistic psychology, this session empowers you to apply these techniques to enhance both personal and professional relationships.

Understanding reasonable adjustments

Thursday 5 June, 1pm to 3pm at Longton Fire Station

Do you feel like you need reasonable adjustments to be your best self? This workshop is designed to clarify what reasonable adjustments are, who can request them and the types of support that might be available, empowering you to confidently advocate for the adjustments you need, or to support someone you know.

Connect, adjust, include: living with a learning disability

Tuesday 17 June, 10am to 12pm at Hazel Trees

 **IT'S BACK!**

Marking Learning Disability Week 2025. Theme: "Do you see me?"

This workshop is designed for anyone with an interest in learning from people living life with a learning disability. Come along to find out what we can all do to make our services and society more inclusive and accessible for those with a learning disability.

Understanding trauma

Thursday 26 June, 10:30am to 12:30pm at RVS Hanley Centre

An introduction to what is meant by 'trauma' within the context of mental health. This two-hour workshop also explores the impact that trauma can have on the brain. We will look at how understanding more about trauma can help to reduce stigma, as well as what longer-term treatment can do to help.

Living well with autism (as adults)

Monday 30 June, 10:30am to 12:30pm at King Street Studios

UPDATED VERSION!

Having autism can be a truly unique and wonderful way to experience the world. But this does not mean it doesn't come without its difficulties. Our workshop is designed to explain the common struggles many individuals with autism face and how to use adaptive coping strategies to combat these. We welcome anyone to come along, it doesn't matter whether you have autism yourself, you are a support worker or you have family members with autism.

Understanding trauma: looking to the future

Thursday 3 July, 10:30am to 12:30pm at RVS Hanley Centre

A workshop exploring individual ways to move forwards following trauma, through use of compassionate discussion, hints and tips.

The power of language

Monday 7 July, 12:30pm to 3pm at The Hive

This workshop is for anyone who wants to examine in more detail the power of the spoken and written word. Small changes in how we communicate can make a big difference!

Did you know we have a Facebook page? It's another way to get in touch with us and keep up with our latest news. Search:

North Staffordshire Wellbeing College

or scan the QR code on the right



Let's talk addiction

Thursday 10 July, 11am to 1pm at The Bridge Centre

In this workshop we will talk about addictions and the impact that they can have on our mental and physical health. We will discuss together what could be helpful at different times as well as exploring the support and treatment available.

NEW!

Living well with epilepsy

Friday 18 July, 10am to 12pm at Shelton Primary Care Centre

This workshop provides a brief overview of epilepsy, aiming to increase understanding and awareness of the condition. Areas covered include: what epilepsy is and the different types, how it is diagnosed and treated, signs and symptoms of epileptic activity, antiepileptic and rescue medications, and associated risks. The session will also explore the link between epilepsy and mental health, offering tools and strategies for managing your wellbeing alongside the condition.

Me and my black dog

Monday 14 July, time and venue to be announced, contact us for details

You've probably heard the analogy of the black dog and depression – but how do you live with it? In this workshop, we'll dive into the symptoms of depression, how it can impact your life, and ways to tame your black dog so you can live well alongside it.

Other workshops – Wellbeing



Wellbeing showcase – walk, talk & picnic

Monday 28 April, 1pm to 2:30pm at Hanley Park

← **NEW!**

Join us on our 'Wellbeing showcase' workshop series to see the Wellbeing College students, staff and friends showcase the strategies that keep them well. During each workshop, you will meet a different person and hear about their favourite way to keep their wellbeing in check.

This gentle session is all about boosting mood, moving your body at your own pace, and connecting with others in a friendly, supportive space. All abilities are welcome – just bring yourself, comfy shoes, and an open mind! Small picnic at the end provided.

The art of sleep

Thursday 1 May, 1:30pm to 3:30pm
at Dougie Mac Wellbeing Centre

← **NEW!**

Sleep is essential for our mental and physical wellbeing – but many of us struggle to get the rest we need. In this workshop, we'll explore what really happens during sleep, what affects it, and why routines matter. You'll gain practical tips to support better sleep and leave with a deeper understanding of your own sleep patterns. Whether you're a light sleeper, a night owl, or just curious – this session is for you.

Seeds of hope

Friday 16 May, 1pm to 3pm at John Hall Garden

← **IT'S BACK!**

Together, we'll take a walk through the grounds, noticing what's growing and reflecting on the connections between nature's rhythms and our own mental health journeys. Through open conversation, we'll explore how both people and plants need time, care and the right conditions to thrive. This is a space to connect, reflect and plant small seeds of hope for the future ahead.

Wellbeing showcase – pawprints on the mind

NEW!

Monday 19 May, 12pm to 2pm at Changes (Leek)

Join us on our 'Wellbeing showcase' workshop series to see the Wellbeing College students, staff and friends showcase the strategies that keep them well. During each workshop you will meet a different person and hear about their favourite way to keep their wellbeing in check.

You'll have a chance to share a photo or short video of your pet and tell us what makes them special. Together, we'll explore how animals support our wellbeing and look at the evidence behind why pets are so powerful for mental health. Whether you have a pet or just love them – everyone's welcome!

Your care plan, your recovery

Getting the most out of your co-produced care plan

Monday 2 June, 1pm to 3pm at Greenfield Centre

This interactive workshop is primarily designed for people who are accessing mental health services within North Staffordshire Combined Healthcare NHS Trust. We aim to introduce you to the different elements of what will become your care plan document. In this session, we hope to empower you to have equal responsibility and to co-produce your care plan with your key worker. This workshop will be useful to staff, students, service users, carers and partner organisations.

A full term calendar view of the dates, times and locations of our workshops can be found online on our website. Just scan the QR code on the right or visit wellbeingcollege.combined.nhs.uk

SCAN ME



Veterans moving forwards – six-week course

Tuesdays 12pm to 3:30pm (dates below) at The Bridge Centre

Co-designed by veterans for veterans*

Delivered by fully approved facilitators. The aim of this six-week course is to provide you with the opportunity to gain clarity about your direction in life, develop tools and strategies to help you commit to action and make progress towards your brighter future.



Week 1: 10 June – Introductions, ways of working and individual aims

Week 2: 17 June – The military mindset

Week 3: 24 June – Breathe, sleep, move

Week 4: 1 July – Learning to prioritise, plan and make good decisions

Week 5: 8 July – Overcoming obstacles to your progress

Week 6: 15 July – Sustaining positive change

**'Veterans moving forwards' is only available to veterans*

Watch the video containing the feedback from Veterans who attended this course by following this link: tinyurl.com/vmfcollgefeedback

Creating PRIDE

Thursday 19 June, 11am to 1pm at YMCA



Stoke Pride
21 June
Hanley Park

the Creating PRIDE workshop is an interactive, creative space for all trans, non-binary LGBT+/allies to get together in a safe space. The idea is to encourage self-expression and design artwork for Stoke PRIDE 2025, including props for the parade. Get involved, share ideas and create PRIDE in your own way. Your designs will be displayed on PRIDE day at the North Staffordshire Combined Healthcare NHS Trust stall, and you can take the props you created to join us at the Pride parade!

Caring for carers

Tuesday 1 July, 10:30am to 12:30pm at Brompton museum

You can join this session online – contact us for more information

When caring for a loved one, friend or family member, a person may not realise they are a carer and fulfilling a caring role. The physical, emotional and psychological demands of caring can often leave carers feeling isolated and alone. In this workshop we explore the life and importance of a carer, the need for self-care and accessing services and support available beyond the session.

Other workshops – Physical Health



Learn, cook, eat and stay well – two-week workshop

Wednesdays 7 and 14 May, 10am to 1pm at St Francis Church

Learn about healthy eating, mood-boosting foods, and budget-friendly recipes in an interactive session. Explore batch cooking ideas and nutrition tips, then share and taste your creations over a cuppa.

Mood & Movement

Friday 6 June, 10:30am to 12pm at The Hive

This workshop will enable students to learn how moving your body can help improve mental wellbeing and increase self-esteem. Join us for a low-key session of gentle hula hooping and other fitness activities which will be suitable for all abilities. There is no level of skill required, just an interest in getting moving in a non-judgemental, safe space. Check out a photo from the session below!



Co-production

What is co-production?

Co-production makes us different to conventional colleges. This means that everything we do, from designing and delivering the workshops to strategic decisions, is done together.

We have two types of tutors:

Experts by Experience and **Experts by Training**

Both work together closely to provide a **rounded** and **thorough** perspective on any topic you may be studying with us. This draws on both professional expertise and lived experience, and we think that both are equally important.



Definitions

A co-operative learning approach

The Wellbeing College values all experience equally – personal, clinical and professional – in the exchange of knowledge and ideas. This co-operative learning approach means those delivering the workshops become ‘facilitators’, not ‘problem-solvers’ or ‘fixers’.

A strengths-based approach

We encourage people to develop their skills, knowledge and aspirations. We do this by supporting them to use these individually, in daily life, in the community and at the College.

Collaborative partnership working

We will ensure that people with lived experience are equal partners in co-designing and co-delivering all aspects of the College.

Partnership of equals

Co-production involves the sharing of power and responsibility which will be a new way of working for many people. Through collaboration among experts by training and experts by experience, together we learn from challenges and grow as a group and community.

A move from challenging roles

Our vision is that co-production will move people beyond service user, carer and professional roles, to being people and students who mutually respect one another’s expertise, knowledge and experience.

Taking risks together

We recognise that meaningful change often begins outside our comfort zones. We believe that through positive risk-taking and working together, even ambitious or uncertain ideas become risks worth embracing.

FAQs



What is the Wellbeing College?

At the Wellbeing College, we believe people are experts of their own experience. We aim to support students to recognise and develop their own inner resources to improve and manage their own wellbeing.

Who can attend the College?

Our workshops are open to anyone aged 18+ residing in Stoke-on-Trent, Newcastle-under-Lyme and the Staffs Moorlands.

How much do the workshops cost?

The workshops are free but you need to enrol before attending.

What do we offer?

The Wellbeing College workshops offer a safe and supportive learning environment to explore what wellbeing means to you. All of our workshops are designed to inspire hope and empower students to explore, consider and discover what is useful and valuable to them.

Do I need to be referred to attend?

No. You do not need to be referred. As a student, you will need to enrol onto a workshop each time a new prospectus comes out.

What happens during the enrolment process?

At enrolment, we want to know about you, what your strengths and interests are and your reasons for wanting to engage with the Wellbeing College. The appointment is also an opportunity for you to find out more about us and what we do.

I don't want to go back to school or college – is that what this is?

No. Our workshops aren't traditional college or school subjects and aren't delivered in a traditional way. You'll have opportunities to discuss subjects that interest you, learn at your own pace and share your expertise in a friendly and relaxed environment.

Do I need to have any qualifications in order to attend a workshop?

No. We understand that students may have missed out on education. There are no formal entry requirements and we don't ask you to take notes, read or speak out loud in a workshop if you don't feel comfortable.

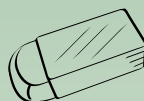
How many other students will be on a workshop with me?

Group sizes are kept small so typical group sizes are between 8 to 12 students. Please contact us if this is something you are concerned about.

Email us with any other questions and to enrol:
wellbeingcollege@combined.nhs.uk



Use this space to take notes





North Staffordshire Wellbeing College

Contact us



wellbeingcollege.combined.nhs.uk



wellbeingcollege@combined.nhs.uk



North Staffordshire Wellbeing College



@NorthStaffsWBC



**07790 985794
07971 996653**